

Hello again to another Bush Goddess Foods Newsletter from the depths of winter in Canberra.

Traditionally, this is the time for viruses to afflict people with a range of symptoms including increased mucosal secretions, coughs, sore throats, headaches, aching joints and fatigue. With the extra hype of 'Swine 'Flu' adding to the fray, the situation begs the question.....why is it that some people fall like leaves and yet others sail on without developing a symptom at all?

The answer is simple – the robustness of each person's **immune system** is the key. Certainly, your genetic inheritance can be a reason as to whether or not you are robust but that isn't the complete story. What we EAT – or not eat, as the case may be – is the most important component to increase our system's ability to withstand infiltration by rampant viruses.

Due to dedicated campaigns to malign saturated fats, cream and butter, coconut oil and the fat from grass-fed animals, these vital ingredients for human health have been denounced as villains. Thanks to food processing and pharmaceutical companies, the above foods, *which have existed in human diets for thousands of years*, are largely missing from mainstream diets with serious implications.

Sally Fallon is a nutrition researcher who unites the wisdom of the ancients with the latest independent and accurate scientific research and is an articulate critic of the Diet Dictocrats who present misleading 'advice' as to what is healthy. From Sally's book **'Nourishing Traditions: the cookbook that challenges Politically Correct Nutrition and the Diet Dictocrats'**¹

'.....Fats from animal and vegetable sources provide concentrated energy in the diet; they also provide the building blocks for cell membranes and a variety of hormones and hormone-like substances. As part of a meal, fats slow down nutrient absorption so we have more energy for longer without feeling hungry. Fats act as carriers for important fat-soluble vitamins A, D, E and K and are needed for the conversion of carotene to Vitamin A, essential for mineral absorption.....'

At the first sign of a sore throat or snuffle, we dose ourselves with cod liver oil [Vitamin A], take teaspoons of organic coconut oil, have a 3gram dose of Vitamin C, eat more butter and full-fat Country Valley yoghurt and increase the raw salad intake. Within 12 hours, our immune system is able to resist any viral onslaught with not a Cold & Flu or Tamiflu tablet in sight.

pennie scott ~ Principal Goddess

RECIPES:

I have a confession to make..... I am a lazy cook. I love delicious and nourishing foods but I'm not so keen on spending hours preparing it and doing the fiddly, twiddly bits. My challenge is to create dishes which are e-a-s-y, nourishing and have a high taste-WOW-factor and use foods which have been grown in healthy soils. Oh, and the challenge is to use four or fewer ingredients.



Cauliflower & preserved lemon puree.

Steam an organic Block 11 cauliflower until tender. Place it and three slices of preserved lemon into a blender and puree until smooth. Return to saucepan and over a very low heat add about half a cup of Country Valley Pure cream but don't let it get too runny.

Roasted Baby Beetroot:

Top, tail and scrub a bunch of **KK** Baby beetroot and place in a small baking tray. Combine ½ cup each of **Cuttaway Creek Raspberry Wine Vinegar** and **Le Barre** extra virgin olive oil, pour over the beetroot, cover with foil and cook at 160°C for 30 minutes. Fabulous served with **Country Valley's Lush Natural Yoghurt**.



Sizzled and Drizzled Enoki with Lime Oil:



Take 200 grams of the exquisite **Li-Sun** enoki mushrooms and sizzle in a tablespoon of coconut oil until limp. Finish with a drizzle of **Lime Grove's Lime Infused Oil** – a new addition to the Bush Goddess Foods Product List.



Please send in your recipes which use four or fewer whole-food ingredients

¹ Fallon, Sally [with Mary G Enig] 2001 *Nourishing Traditions*, New Trends Publishing Inc. Washington DC

MORE NEW PRODUCTS:

Everyone loves a good story and the history of The Grog Shed at Wombat Heights [south of Young on the Olympic Way] is a ripper. Kerry and Steve Eastlake grow cherries, strawberries, plums, peaches, lemons and walnuts and have extroverted creative skills. Not content with virtually giving away their ecologically grown produce into the fresh fruit markets, they decided to add value themselves with outstanding results.

After some unexpected and interesting results from the first experiments. two of their signature products are –

LIMONCELLO ~ made to a traditional Italian recipe, it is 18% alcohol and lip-smackingly luscious either as a beverage or a brilliant addition for desserts.
375ml @ \$26.50 ea

WALNUT RUM LIQUOR ~ Kerry uses a 400-year old French recipe to transform the hand-picked walnuts into this 22% alcohol elixir!
375ml @ \$26.50 ea

BACK IN SEASON:



Such a happy time of year [for me] as **Fuerte avocados** from the Morris Family Farm near Leeton are available again. Weighing in at a whopping 350g these beauties will take a couple of weeks to reach their best but it is worth stock-piling now! Almost ripe are the seductive **Ruby Grapefruit** and **Blood Oranges** with their luscious colouring and tangy taste.....we are going to combine the juice with La Barre evoo as the *vinaigrette* for mesclun and crushed macadamia salads.



WINTER ACTIVITIES:

The Canberra-based 4Cs Slow Food Convivium has a plethora of educational activities planned for the next couple of months and can you really think of a more satisfying way to enjoy a Sunday than sharing a long-table lunch with other passionate foodies? <http://slowfoodaustralia.com.au> provides the linkage to the philosophies and practices behind Slow Food with which Bush Goddess Foods is intimately aligned.

INTERESTING LINKS:

Within the University of Adelaide is the **Research Centre for the History of Food and Drink**

<http://www.hss.adelaide.edu.au/centrefooddrink> with the primary purposes of the Research Centre being:

- The promotion of research in the history of food and drink in Australasian and global contexts;
- The study of the production and consumption of food and drink, of their relationship to national and international politics, society, and economy, environment and health;
- To explore the cultural meaning and significance of food and drink; and
- To support scholarship in the above areas of research.

The activities of the Centre's activities is also linked to *Le Cordon Blue* Australia www.lcbaustralia.com and the University's Graduate Program in Gastronomy.

Bush Goddess Foods provides -

- ≈ The shortest **transport** link – from farm to your kitchen door
- ≈ **Traceability** – we know where EVERY product originates and how it is grown
- ≈ **Fixed** prices as we negotiate directly with the farmers - therefore no market fluctuations
- ≈ Our **accreditation** system provides assurance of the quality and integrity of all produce we source and supply
- ≈ **Extensive knowledge** of all our products
- ≈ **85%** of this produce is located within a 250km radius of the ACT
- ≈ **Passionate interest** in our clients' needs
- ≈ A truly **ecologically** based and operated business.....and.....
- ≈ The **best-looking** delivery people!

REGIONAL PRODUCE STORE

at the **Murrumbateman Winery** Corner Barton Highway & McIntosh Circuit
open Saturday and Sunday from 1000 – 1700

Feast Locally

